

Eating 100 calories more than you need every day equals a 10-pound weight gain in a year.

Where do all the extra calories come from?



20 years ago, a typical bagel was 3" and 140 calories



Today, a typical bagel is 6" and 360 calories



20 years ago, a typical serving of soda was 6.5 oz. and 85 calories



Today, a typical soda is 20 oz. and 250 calories

The larger bagel is an extra 220 calories. Eating 220 extra calories a day equals a weight gain of 23 pounds a year.

If you are above a healthy weight, you can lose weight by eating fewer calories, adding physical activity, or both.

- If you drink a large (20-oz. soda) daily, drink seltzer instead and save enough calories to lose 26 pounds a year.
- Switch from cream (1 oz.) to 1% milk (1 oz.) in your coffee and save enough calories to lose 3 pounds a year.
- Walk 1 mile every day (160-pound person) and burn enough calories to lose 9 pounds a year.

